



Spring 2012

Lifeguard Training

The Park Center in Murray will be offering an American Red Cross Lifeguard Training course. Upon successful completion of the course, participants will receive an American Red Cross certification in the following: Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer. One hundred percent attendance of 30-hour course and successful completion of a final skills and written exams are required to receive certifications.

Classes: March 26th – 31st , April 16th – 21st , May 7th – 12th

Times: Weekdays 4:00-9:00 PM
Saturdays 9:00-2:00 PM

Ages: Must be 15 by the last day of class

Cost: \$150* (\$130 Course fee, \$20 non-refundable Pre-test)

*Course fee due after passing Pre-test

Prerequisites: 300 yard continuous swim (front crawl and breaststroke). Tread water for 2:00 minutes using only legs. In 1:40, swim 20 yards, retrieve a 10lb brick from 9ft deep water, swim back to starting point with both hands on the brick and face out of water, and exit the water.



The Park Center Lifeguard Training Registration Form

Class: March _____ April _____ May _____

Participants Name: _____ Birth date: _____

Address: _____

Parent/Guardian: _____ Phone Number: _____

Email Address: _____

Emergency Contact: _____ Phone Number: _____

Does the participant have any physical limitations? No _____ Yes _____

If yes, please explain _____

I have received and signed the Murray City concussion policy (18 and younger): Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the forgoing registration, liability release and agree to all of their terms and conditions.

Parent/Guardian Signature _____

Date _____



The Park Center
202 E. Murray Park Ave.
(801)284-4200
www.murray.utah.gov

Office Use Only

Paid \$ _____
CASH _____ CHECK _____ VISA _____
AMEX _____ DISC _____ MC _____
Date _____
Staff _____